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Building for the future



A crane outlines construction on Conestoga's new business wing. The new wing will cost about \$4 million and is scheduled for completion in the summer of 1995 so it can be ready for students starting classes in the fall. (Photo by Blair Matthews)

Campaign raises \$4.2 million

By Kerry Masche

Investing in Skills for Tomorrow, Conestoga College's fundraising campaign, has raised \$4.2 million for the new school of business and for instructional equipment, said the vice-president of finance and administrative operations.

Kevin Mullan said groups of campaign volunteers in Cambridge, Guelph, Kitchener and Waterloo, are hoping to reach their goal of \$4.5 million within the next few months.

The new school of business, a structure of about 40,000 square

feet, will cost approximately \$4 million to build. Mullan said \$3 million will be taken from the college's campaign funds while the remaining \$1 million will be supplied through a government infrastructure agreement.

On Jan. 25, 1994, infrastructure funds for the college were reported close to \$1.4 million. Both the federal and provincial governments have agreed to pay one-third of the amount (\$460,000), while the college will provide the rest.

Mullan said the remaining \$1.5 million in campaign funds will be used to purchase instructional

equipment, but not necessarily for the business school. "If we could exceed our target of \$4.5 million, that would be beneficial for purchasing extra instructional equipment."

Mullan said one of the areas most in need of equipment upgrading is the college's computer system. "One of the biggest problems we have is how quickly technology is changing. It's hard for the college to supply the funds needed to make sure we have the most recent equipment."

The campaign was launched

See Fundraiser page 4

New business program to start at Doon

By Blair Matthews

Conestoga College has announced that it will be launching a new small business development program in the fall of 1995 at the Doon campus.

The news came from business co-ordinator Ian Matthew at the college's second-annual small business breakfast attended by business and community leaders from the Waterloo Region. The event was held Nov. 25.

Matthew said that in order to keep the current small business program up-to-date, information sessions were held in the spring and summer to gather feedback on the small business courses currently offered.

"Two things that came back to us: Our course length for entrepreneurs was a little too long, and second, we found that there was a large market out there of people who would love to take the course, but it was only offered during the day." When the course review was complete and all factors were taken into consideration, Matthew said plans for the new course were started.

"Today, we're very pleased to announce our new small business development program. The name development was chosen to reflect the program's flexibility in assisting small business start-ups and also emerging businesses."

According to Matthew, the new program will begin in September and will incorporate all of the features of the current program.

"We have shortened the course to 16 weeks of intense classroom study and added a four-week, self-directed period for completion of their business plan."

Matthew said people entering the program will be required to come to school three nights a week.

DSA open forum to decide on Spoke subsidy

By James K. Leduc

An open forum for students at Conestoga College in the new year will decide whether a referendum is necessary to determine if the student body will continue to fund Spoke, the college's weekly publication.

Decisions about the open-forum

were made during a closed-door session of the Nov. 22 board of director's (BOD) meeting and were made public at the Doon Student Association's (DSA) executive meeting Nov. 29.

Deanna Ciuciura, DSA vice-president of operations, said she made the decision to go "in camera" because she wanted the students to be

serious about what they were doing when considering the funding for Spoke.

In the executive meeting, Ciuciura said she wanted to set the record straight because rumors were circulating that the DSA was going to pull funding for Spoke.

A 1993 budget summary from the DSA, shows \$5.13 of the \$54 student-activity fee goes toward the funding of the newspaper and the total subsidy for 1993-94 is \$17,000.

"We are not going to pull funding," Ciuciura said. "If student money is supporting Spoke, then there should be more student involvement in the paper. In an open-forum, everybody can voice their concerns about Spoke; if there aren't any it will be settled right there."

Ciuciura said a referendum is a drastic route to take but a possible one if the paper does not get more student input. Jacki Allin, vice-president of student affairs, agreed with Ciuciura and said it was fair to say that students do not think Spoke is meeting their needs.

Allin said it became an issue at a BOD meeting in October because students were left with more questions than answers after journalism faculty spoke to the BOD about

See DSA page 4

Under pressure



Dave McIntosh, mechanical engineering instructor, has his blood pressure checked by Marie Penfold, first-semester nursing student Nov. 23. (Photo by Maria Wareham)

SPOKE

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Political correctness has gone too far

Remember the story about the man in the moon?

As a small child, you probably heard about him, but thanks to a bunch of do-gooders the man-in-the-moon may soon be emasculated.



By Dan Wettlaufer

If the do-gooders are allowed to have their way, the man-in-the-moon will lose his job to the person-in-the-moon.

Keeping up with political correctness is no longer considered an uphill battle, reads the lead in a story in the Nov. 19 Toronto Star. Now it's "Next to impossible."

According to the story, an organization called the North York Women Teachers' Association (NYWTA) has big plans to alter violent/militaristic language.

Examples of their ideas are to change sayings such as: "Kill two birds with one stone" to "Get two for the price of one."

"Dead in the water" would become "Lost credibility" and "Shoot yourself in the foot" would be changed to "Undermine your own position."

Somehow, these new versions don't have quite the same punch as the originals. The group claims that the original expressions may invoke violence.

But I don't buy that line of garbage for a second.

When was the last time you saw someone go off the deep end because they heard the phrase "Get away with murder?"

The fact that the NYWTA sits around sanitizing common words and phrases can only mean one thing — these people have nothing better to do with their time.

But even though I think most of their bright ideas are a waste of time, I do agree with some.

For instance, policeman should be police officer and chairman is better as chair or chairperson.

But the NYWTA is getting carried away with its ideas.

There is already too much political correctness. The truth is being distorted.

Poor people used to live in the slums; now the economically challenged live in sub-standard housing in the inner cities. And blind people are no longer blind, they are partially sighted.

And thanks to groups like the NYWTA, I won't have to die — I'll just pass away.

People are being led to believe that if you change the name of the problem, the problem itself will go away.

This is a dangerous belief.

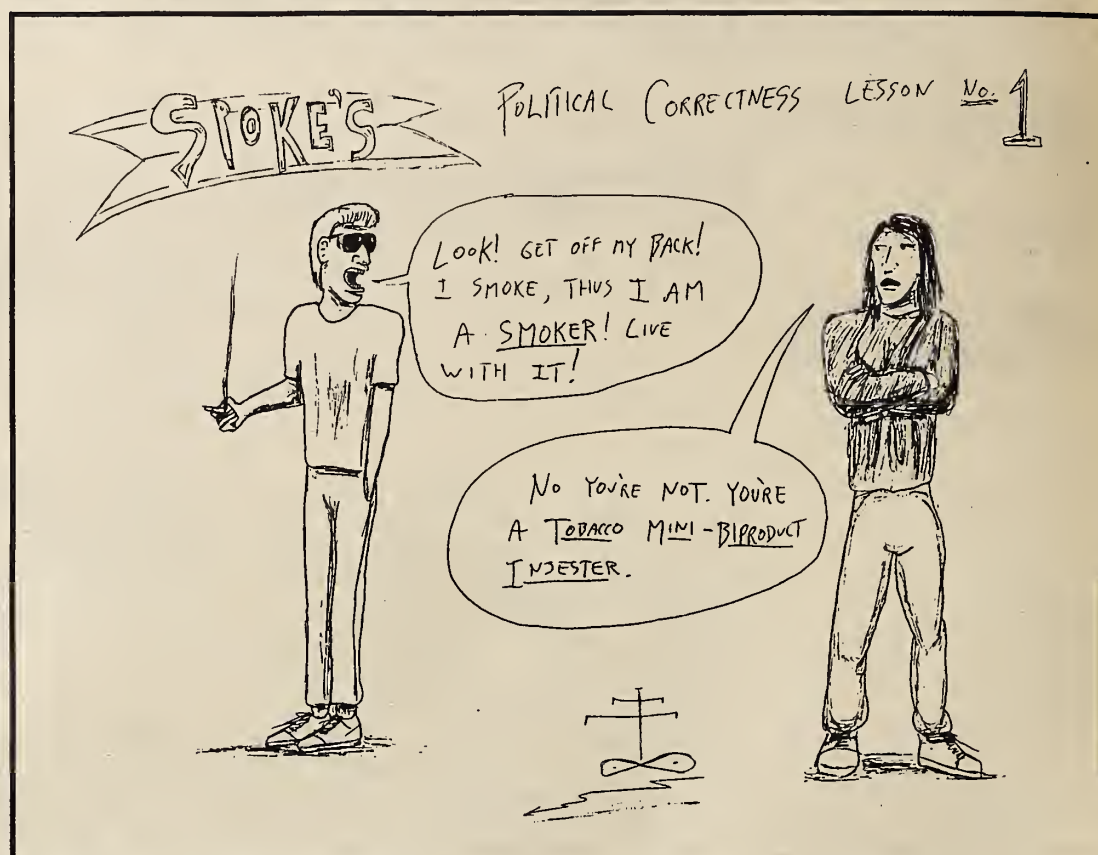
No group of individuals should be allowed to change the way we speak.

Language is too powerful of a weapon for one group to control because if you can control the way a person speaks or writes, you can control thought.

A free society needs free speech.

The do-gooders should just leave the man-in-the-moon alone.

OPINION



More social support is needed for welfare

Recently in one of my classes, a discussion about social programs evolved.

Questions as to whether or not Canadian society should continue to be responsible for those on welfare and other social programs were raised.

Each question resulted in heated arguments.

Welfare, perhaps one of the most disliked and least understood social programs, is now under close scrutiny.

Hearings and proposals are taking place across the country, led by government officials and their little "green paper" of proposals and cutbacks.

For average hard-working Canadians, tired of paying someone else's way, any proposal which appears to save money and get "welfare cases" off the system might be easily accepted — without thinking through the consequences.

Is it our problem? Should we continue to be responsible? I believe so.

Welfare needs some restructuring, and there are too many cases of abuse, but it does not need further cutbacks.

A single parent with three children in Waterloo Region receives about \$900 a month living allowance. But this doesn't even cover the basics.

How can there be more cutbacks?



By Maria Wareham

It may be difficult for those fortunate enough to have a good-paying job to understand that living on welfare is not a free and easy ride.

There is nothing enviable about not having enough food. It would be a shock and a real awakening to many if

they were forced to accept and live on welfare.

The system is not a lifelong ambition for most people. But it often becomes a trap that is very difficult to escape from.

This is what needs to be changed.

More emphasis should be placed on giving those on welfare the opportunity to move on to a better life through education and self-help programs.

Punishing these people further for something that is not their fault is not the answer.

As obvious as it may seem, cutbacks will not eliminate our deficit, but they will affect society in a far deeper way than most realize.

Welfare is a safety net, a stepping stone, and that's exactly what we should keep in mind. It's our responsibility, if only for our own selfish needs, to keep society growing.

The well-being of everyone is our business and our responsibility. Poverty affects us all.

Ignoring and relinquishing responsibility will result in our own downfall.

Smokers need our help, not our ridicule

Hi. My name is Brenda Boomer and I am an addicted smoker.

In today's society of non-smokers and reformed smokers, I am one of millions who continue to smoke.

It's not because I want my teeth to be yellow or my breath and clothes to smell bad, and I don't want to die at an early age — it's because I am addicted.

I have tried to use the all-too-expensive nicotine patch and the hand-held lifesign computer. Both failed miserably.

The idea that raising the prices of tobacco products will help me quit is ludicrous. That will just mean I will have to cut back on other things I need. It may help convince those who don't smoke to never start, but what about helping those of us who already do.

Smokers are addicts. Why is it so hard for people to realize that nicotine is a drug?

Places like Tim Hortons have branched out and established some



By Brenda Boomer

of their doughnut shops as non-smoking. I agree with their methods. Not every Tim Hortons is non-smoking and this gives smokers a place to go and relax.

Yes, smoking does relax me. Some will claim the "relaxation" from nicotine is all in your mind. So be it. As long as I think it works, it works. I can live with that.

McDonalds, on the other hand, has stopped smokers from entering their restaurants. Since smoking is prohibited in all of the company-owned McDonalds' outlets, smokers either stay away or go through the drive-through instead.

Cigarette packages come with banners informing smokers that smoking kills, causes lung disease,

and can harm our children. This is not news. People have known for years that smoking kills.

All the gadgets and messages sent to smokers aren't going to change the minds of those who are truly addicted. Yes, we smoke, and no, we don't like it.

I know exactly what smoking can do. I watched my own mother die of lung cancer, and if watching her deteriorate daily didn't do it, I can't see the black printing on a cigarette package making me see the light.

Smokers need the non-smoking public to understand, not criticize.

Alcoholics Anonymous helps those addicted to alcohol. They even have groups for the families of alcoholics. There are institutions to help people combat drug problems and groups to help drug addicts' families deal with their problems.

What about smokers? Where do we go for help?

I don't want sympathy for my bad habit, just understanding.

Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

Spoke, Conestoga College,
 299 Doon Valley Dr., Room 4B15
 Kitchener, Ontario, N2G 4M4
 Telephone: 748-5366

Campus Comments

Administration is thinking about taking away the March break and adding an extra week at Christmas. What do you think about this?



I guess it depends if people go away at Christmas. Personally, I would rather have the week off in March.

Terri Schmidt
First-year accounting

Having spring break is better. It spreads out the time off, instead of going to school for four months straight.

Jamie Carroll
Second-year business



It's better to have both of the breaks. It gives you a bit of a break in each semester.

Jennifer Martin
Second-year general arts/science



I think the administration should leave it the way it is. With the spring break I don't feel so stressed later in the year.

James Stead
First-year law and security



I'd rather keep the system the way it is. It would be nice to get two weeks off for Christmas and one week in March.

Jon Muncan
First-year accounting



We need the break in the second semester. They should add an extra week at Christmas and keep the spring break.

Jen Morrison
Second-year general business



I totally disagree with the idea. Without the break in March it would be kind of like having the fever. I would get all itchy and clammy.

John Jaklitch
Third-year marketing



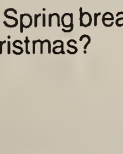
They shouldn't cancel spring break. If you put all your eggs in the Christmas basket the spring break basket is empty.

Mike Yantzi
First-year practical nursing



They can't do that, I won't allow it. Spring break is the best. Who cares about Christmas?

John Callaghan
First-year engineering



It's not a very good idea. It's good to have the week in March to study before they put the final onslaught on you.

Ralph Herceg
Second-year general business



Ideas? Are there questions you would like answered? Spoke welcomes suggestions for Campus Comments. Bring suggestions to the Spoke office at room 4B15 or call Spoke at 748-5366.

DSA meeting briefs

Survey, Christmas events planned

By James K. Leduc

- The Doon Student Association's (DSA) executive meeting Nov. 22, opened with a request from first-year marketing student to conduct a marketing survey for the DSA. Ellen Urquhart said part of her proposed marketing project is to get feedback from the users of the DSA — the students.
- In activities, co-ordinator Becky Boertien gave the executive a list of events for the DSA Crazy Christmas Theme Week Dec. 4-8.
- The DSA was to hold a family Christmas party Dec. 4, open to students, staff and faculty

and their families. Activities were to include face painting, cookie decorating, a magic show and photos with Santa.

- Dec. 5 is movie madness day in the student lounge, with a Christmas movie shown and popcorn served. There is also a Christmas Family Feud tournament in the main cafeteria at 11:30 a.m.
- On Dec. 6 there will be a poster sale in the main cafeteria, another family feud, singer Jeff Tanner in the student lounge, and a licensed movie night.
- The family feud continues Dec. 7, along with the poster sale in the main cafeteria. At 11:30 a.m. there will be photos

with Santa and free egg nog and cookies.

- The family feud finals will be held Dec. 8 and a caricaturist will be in the main cafeteria.
- Boertien said there were 246 tickets sold for Mike Mandel show. She said it was one of their more successful events.
- The executive was approached by Laser Quest at the King Value Centre in Kitchener to do a half-price promotion for its laser game. The object of the game is to kill your opponents with guns that shoot laser lights. Faculty advisor Jack Fletcher said it might look like the DSA is promoting violence if it sponsors such an event.

Letter to the Editor

Attitudes lag behind technology

I would like to compliment Maria Wareham on her excellent article: Attitudes lag behind technology. I was pleased to see the article mention things like Lou Ann Snobelen's age, grades and accurate reasons for her problems with co-op job placement... oh wait — these were things the article failed to mention.

Snobelen says she "didn't have much in common with most of the students who are in the 19 to 25 year-old age group." Tell me this has something to do with the "I'm-a-minority, please-hire-me-because-of-what-I-am" article. For all I know she could be 45. Lack of common interests are common between different generations and is not to be reflective of the class or department she is in. Perhaps Snobelen's age was why she failed

to get a co-op job so quickly rather than gender.

Maybe it was Snobelen's grades that lost her those jobs. Snobelen clearly states "sometimes it may take me a while to grasp a concept." Thank-you for including in the article some sort of estimate of her marks or a standing in her class. Statistics, even when estimated, are more often more precise than a bitter individual's feelings. I think they may have been valuable to the article.

The article did, however, mention "reasons" for Snobelen's difficulty with co-op placement. These reasons appeared to myself as quite realistic. Employers choosing not to hire someone based on the fact that they were "too pushy" in the interview — my God, how dare the sexist bastards hire on personality.

Is Snobelen suggesting that these interviewers lied to her? Funny how there seemed to be consensus among interviewers. Maybe Snobelen should look in the mirror.

The article also failed to mention any troubles the other females in robotics have had getting jobs. Did they too have problems or are these problems only being faced by Snobelen? Is this a case of women not having equal opportunity or a case of Snobelen not getting a job quick enough for her satisfaction? Perhaps a full analysis should be completed before assuming there is another case of sexual discrimination.

Brian van Bodegom
Third-year
Business administration

In the Nov. 28 issue of Spoke, John MacKenzie's name was misspelled in the article on page 8 about the Santa Claus parade. Deanna Ciuciura's name was

Corrections

misspelled on page 8 in the article about the Ontario Community College Student Parliamentary

Association.

Lou Ann Snobelen's name was misspelled in the article on page 9 titled Cambridge's computer enrollment soars.

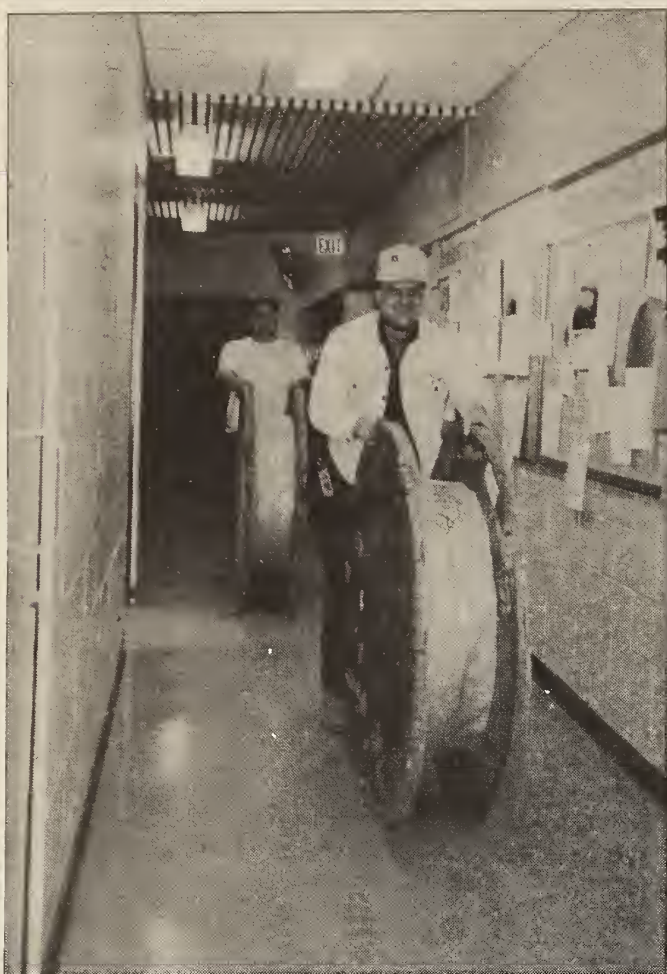
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Rolling along



Electricity employees Rick Muck (front) and Larry Fitzpatrick roll spools of cable down the third floor hall. The elevator feeder cables are for the business wing. (Photo by James K. Leduc)

DSA reviews Spoke

From page 1

funding for Spoke for 1994-95.

"Students were not satisfied with the answers they were getting," Allin said. "If they had been, the issue would have been dropped."

DSA executive secretary Michelle Newton, said journalism teacher and Spoke faculty supervisor Jerry Frank's answer about student related stories "falling through the cracks" was not concrete enough and students wanted an explanation. Newton was referring to an Ontario Community College Student Parliament Association (OCCSPA) meeting in the fall that was not covered by Spoke.

In a recent interview, Frank said he answered the question that way because he did not know at the BOD meeting what had happened to the story. Frank said the day after the BOD meeting, he asked the reporter what happened with the story and was told the DSA had been called, but they erroneously said that no one attended OCCSPA.

"I drafted a very lengthy response to the question and sent it to Ciuciura," Frank said. "If I was vague at the meeting it was because I didn't know what happened to the story."

DSA's Brad Logel, director of entertainment, said the journalism faculty brought the issue on themselves because they were aggressive about promoting journalism

and they rubbed everybody the wrong way. Journalism program co-ordinator Andrew Jankowski and applied arts chair Fred Harris also attended the BOD meeting.

"They started going on about how the school would be worse off if they weren't God's gift to journalism," Logel said. "They went about this the wrong way. If they would have come up and said a few things, answered a few questions and offered help in the future, that would have been it," Logel added.

Jack Fletcher, chair of student services, who sits in on DSA executive meetings, said he agreed with Logel about the way things were handled. Fletcher said things could have been dealt with differently.

Frank said it was not the faculty's intention to be aggressive, but they wanted to make the point that Spoke is a newspaper not a publicity brochure. He said given the way faculty statements were interpreted, faculty could have been more diplomatic.

"I think that I might have been a little more blunt than I should have been," Frank said. "But I did want to be candid and honest about what we are trying to do with Spoke."

I feel very strongly about what we are trying to do with the paper. And that is, cover the issues aggressively and fairly."

Allin said if it goes to a referendum and the funding is stopped, the college will have to fund Spoke.

Fundraiser nears goal

From page 1

about two years ago. However, in 1990-91, a study was conducted by a consulting firm to determine which projects major contributors, such as businesses and levels of local government, would be willing to provide support to, Mullan said.

This study included surveys that were designed to determine how the community viewed the college and what people felt were the college's biggest needs.

Mullan said other projects proposed at that time were a new trades and apprenticeship area, a student residence and a student centre.

The new school of business and instructional equipment received the most support.

He indicated the new building will free up space on the main level for other programs and possibly, room for a new student centre.

"We'll be talking to the DSA (Doon Student Association) over the winter for plans for the space."

According to a news release about the campaign, three major contributors to the college have been Allen-Bradley Canada Ltd., Toyota Motor Manufacturing and CHUM Ltd.

William Hetherington, president and chief executive officer for Allen-Bradley, announced a \$100,000 contribution to the campaign in June 1994.

The release said it will be paid in yearly installments of \$20,000.

In that same month, Conestoga's president, John Tibbits, received a cheque for \$53,035 from Toyota which brought the auto manufacturer's total contribution up to \$103,035.

Kitchener's new mayor elated with election win

By Nicole Downie

It took Richard Christy three tries to become the mayor of Kitchener. But it was clear in the Nov. 14 municipal election that Christy was the voters' choice.

"I'm elated and relieved," Christy said recently in a telephone interview.

Christy won the election over eight other candidates with 14,773 votes, or 31.64 per cent of the total votes. Will Ferguson was second

with 11,257 votes.

Christy said he was happy with the fact he won six out of 10 polls, a substantial majority that showed he had "acceptance across the board."

Christy was one of five candidates who spoke to Conestoga students at Doon campus the week prior to the election.

He said then that what set him apart from other candidates was the fact he remained loyal to and a resident of downtown Kitchener, and

was dedicated to municipal politics instead of trying to move to the provincial or federal levels.

He told students the job of a mayor is to try to set a vision of the future for the community. Establishing an effective, professional staff that will work with the mayor on behalf of the citizens is essential to Kitchener's future.

Christy said he will focus on downtown revitalization, crime control and economic growth in Kitchener.

But the first few weeks as mayor would be spent catching up, he said.

"It will be a transition period for the first little while. There are a lot of community groups and organizations that want to speak to me to voice their concerns, and we need to select the new appointments to commissions and boards."

Christy, a Wilfrid Laurier professor said he would probably discontinue teaching, even though some students did not want him to leave.

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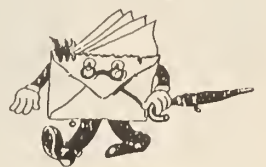
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Any comments, suggestions, or questions
are welcome!



Drop off your comments to the Suggestion Box located on the Door of the DSA Activities Office (in main Caf) The DSA will respond to questions in SPOKE.

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LICENSED EVENT

DSA Crazy Christmas

Family Christmas Party
Sunday, December 4

Christmas Movie in Lounge
Christmas Family Feud Tournament
Monday December 5

Poster Art Sale
Christmas Family Feud Tournament
Entertainment in Lounge
Movie night
Tuesday, December 5

Poster Art Sale
Christmas Family Feud Tournament
Santa Visits Conestoga College
Free Skating Party
Wednesday, December 7

Poster Art Sale
Caricaturist
Thursday, December 8

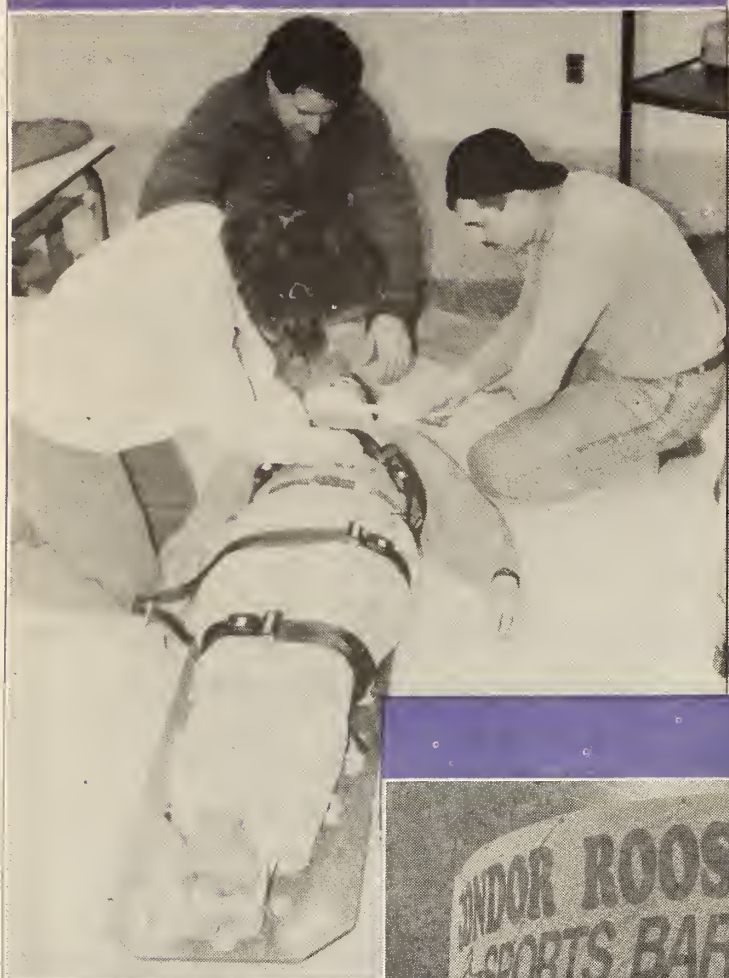
For details see Becky at the DSA
Activities office



Join in on the Festive Fun!

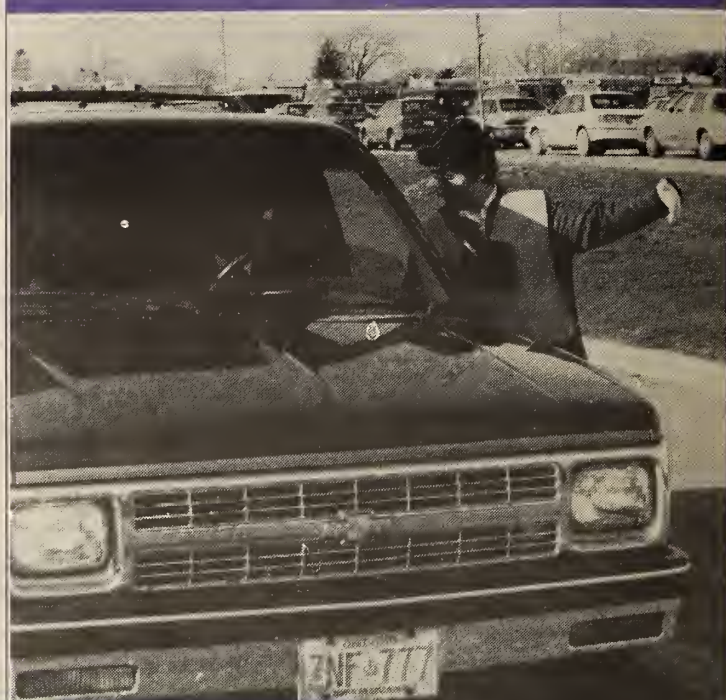
Conestoga in focus

Life savers in training



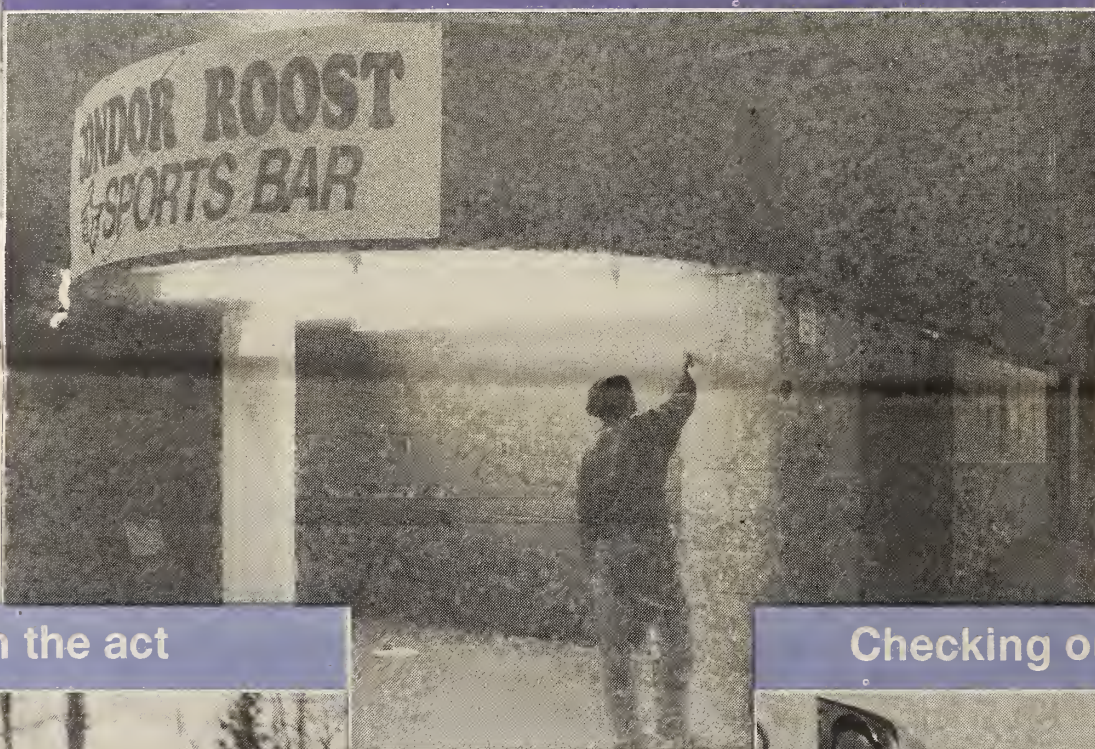
First-year emergency care students (l to r): Heather Fortney, Hunter Wilson, Ann Muller (centre) and Sean Mahoney.
(Photo by Maria Wareham)

Pointing the way



Security guard Amber Newing directs traffic during VIP Day Nov. 16.
(Photo by James K. Leduc)

A fresh start



Adam Levesque, a maintenance employee with Conestoga, paints a brick column outside the Condor Roost.
(Photo by Nicole Downie)

Caught in the act



Third-year broadcasting student Sunil Thakolkaren works on his video presentation for a class.
(Photo by James K. Leduc)

Checking out Conestoga



Palmerston-area high school students arrive for VIP Day at Doon campus Nov. 16.
(Photo by James K. Leduc)

Perspective

Physical fitness in the '90s

New fitness trend aims for healthy body, mind and spirit

By Nicole Downie

During the '60s, being fit meant having a nice figure. In the '80s, a fitness boom full of intense, high-impact exercises, stormed across North America.

Today, the meaning of fitness is changing. People do not just want a healthy body, they want a healthy mind and spirit too.

"People are aiming for holistic health now," said Marilyn Fischer, Conestoga's senior health services nurse. "That includes a fit body, good nutrition and spiritual fulfillment."

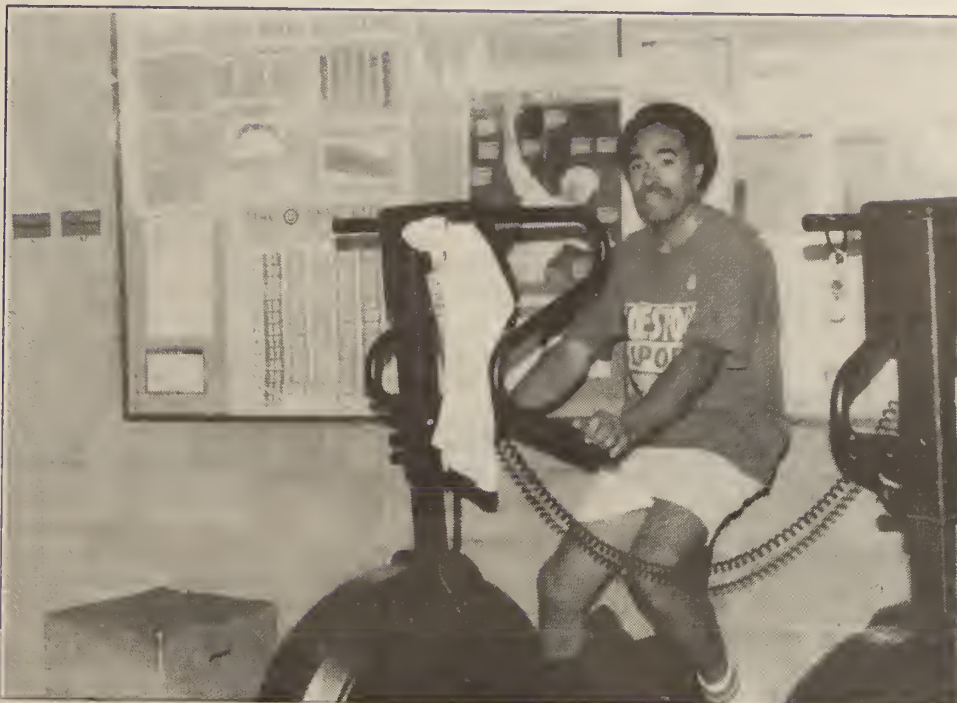
Fischer said the emphasis on high intensity is waning, and that jogging is not for everyone. People do not have to go to their local fitness centre to sweat it out if they do not want to, she said. Fitness can be as simple as a brisk walk.

"Walking clears the mind and relieves stress. And if you get some friends to go with you, it satisfies the socialization factor too."

Those who do want a more strenuous exercise program, however, should consult a physician first, Fischer said. Their physical health, including blood pressure, should be assessed before lifting heavy weights or going out to run that first mile.

Duane Shadd, supervisor of campus recreation, said many people who do follow a regular exercise routine often do not cover all the basics of fitness and end up becoming weak in one or two areas. "The components of fitness include cardiovascular endurance, muscular endurance, strength and flexibility."

"Unfortunately, people tend to avoid what they need. Runners avoid weights and weight lifters avoid aerobic work-



Duane Shadd works out on a Windracer in the fitness room at Doon. Behind him are charts and posters with information about fitness. (Photo by Nicole Downie)

outs," he said.

Shadd added it's important to apply the word FITT, an acronym for frequency, intensity, time and type. Type is an important part of it because it means people should do what they enjoy, otherwise, they will probably not be able to stick to it.

The demand for a more modern fitness room at the Kenneth E. Hunter Recreation Centre resulted in the addition of two stairmasters, two Windracer bicycles and a gravitron ma-

chine last year, Shadd said. Between those and the weights, students can reap the benefits of cross training.

"There's nothing wrong with variety."

Shadd explained that intermural and varsity team sports at the college are also a good way to keep fit, meet people, hone communication skills and enjoy the atmosphere of team work.

"The focus has definitely gone to wellness, which is fitness in body and mind."

Fischer emphasized the need for good nutrition as part of the wellness trend. Students, she stressed, must eat breakfast every morning to feed the brain and prepare for a day of academics and work.

Those who do not like big meals can eat five little ones during the day instead. Pasta is not fattening and can be especially beneficial to those who exercise regularly, because the complex carbohydrates provide energy.

Everyone should eat plenty of fruits and vegetables, and those who eat little or no meat should supplement their protein intake with legumes, beans and peanut butter, she said.

She added that no one should deprive themselves of the foods they like. "Don't obsess over food. If you have a craving for something sweet, satisfy it with one treat or you'll end up binging later."

Fischer said those who worry about their weight can follow Body Mass Index (BMI) guidelines that are more sensible now than they used to be. The charts put weight into perspective and can give students an idea of what their healthy weight range is. However, students should take into account individual differences, such as muscle mass and bone density when referring to these types of charts, she concluded.

Mind muscle

Aerobics helps sanity, says instructor

By Jennie Richardson

The biggest problem with attending aerobic classes is that some people get discouraged because they can't keep up with the instructor.

According to a fitness instructor at the Kenneth E. Hunter Recreation Centre, people think they should be able to keep up the first time they attend class.

Sue Giovanditto, a fitness instructor, said new fitness students sometimes forget the teacher has probably been doing aerobics for a long time and knows the routine.

But she said she thinks aerobics has many benefits because it helps to relieve stress and maintain sanity. She said the brain can retain more when the person is alert and that if you can't make time for exercise, then you'd better make some time for being sick.

"I can count on two hands how many times I have been sick in the 15 years I have been involved in physical fitness," she said.

"People watch television for at least a couple of hours every night, so why not find an hour to exercise three times a week?" she asked.

Giovanditto said she is thankful for knowing how to juggle her time.

Not only does she teach aerobics on Tuesday and Thursday afternoons at Conestoga's recreation centre, she also teaches at the YMCA in Guelph three nights a week while attending Conestoga College as a second year accounting student.

"Aerobics is about getting your heart rate up, not about jumping and running around," she explained.

She said her classes begin with five to 10 minutes of stretching, then continue with exercises to strengthen

abdominal muscles and arms.

The class includes a minimum of 25 minutes of working with weights (the maximum weight being five kilograms, to work on the upper body).

She said she also uses flexible tubes to tone, but said the tube exercises are much tougher because the user must keep control of the tube when they are bending and releasing the tension.

Giovanditto said she ends each of her classes with five to 10 minutes of stretching. She said her classes usually last over one hour (a half hour longer than the usual duration of morning classes) because she said the afternoon does not have the time constraints the morning sessions have. "People usually have to go to work or class, so morning classes do not run as long."

People do not have to stay for the whole class, Giovanditto said.

She added that she does not get offended when someone decides to leave half way through her class or if they leave after a specific type of exercise, such as abdominal work or the weight portion of the workout.

Considering improvements to Conestoga's fitness programs, Giovanditto said she would like to see step aerobics introduced at the college.

She said she thinks a step aerobic program would generate more interest and better attendance at all the classes offered.

And she said she would like to teach aerobics in the gym, because it has a rubber floor and bumping into the exercise equipment would no longer be a concern for her classes.

Giovanditto said not all students like aerobics, but the bottom line is students should make time for some sort of exercise.

Fitness consultations personalize training

By Jennie Richardson

Taking time out for yourself rather than for fitness is the most important thing students should do, according to Norma Campbell who performs fitness appraisals at the college's Kenneth E. Hunter Recreation Centre.

"The age group of the college is under a lot of stress and if they do nothing but study, some will end up dropping out," Campbell said.

She said she encourages people to have fitness consultations rather than evaluations. The consultation is more likely to resolve the student's problem whether it is lower back pain or just stress.

But Campbell said the college does not have the equipment for her to perform a proper evaluation. The evaluation, she said, simply determines what fitness level the person is at.

"What does the fitness level mean if you are 26 and your fitness is good, and you are still not happy where you are? A consultation is what you need, not an evaluation."

Campbell indicated the consultation involves working with

the student and coming up with a fitness program for the student. She said if the student does not like running, then she does not include running in the program.

"It is important for the student getting the consultation to say what they will and will not do. It is not going to help the student if they have a program they'll never stick to." Cardiovascular, flexibility and abdominal strength are tested during the consultation Campbell said. Blood pressure, height, weight and girth are also documented.

She said one thing missing from the consultation program is monitoring the progress of an individual.

She said once a person has started to develop their program, it is up to them to continue the program.

Campbell explained "the budget will not allow for a person to be on hand to give help beyond the consultations, such as help in the weight room or teach how to use the exercise equipment."

She said some people are shy about asking for help, but if they knew there was going to be help available during a certain time they may be more willing to ask.

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the Student Lounge*

CAREER CORNER

By Marilyn Snyder

ARE YOU EMPLOYABLE?

Recently skills that make an individual employable in this changing, diversified world were identified.

Academic skills - are the ones which provide the basic foundation to get, keep and progress on a job. Employers need a person who can *communicate, think and learn*. This means you will be expected to listen, speak and write in the languages in which business is conducted. You will need to think critically and act logically to evaluate situations, solve problems and make decisions.

Teamwork skills - are those needed to *work with others* on a job. This translates into understanding and working within the culture of the group; respecting the thoughts and opinions of others and exercising "give and take" to achieve group results.

Personal Management skills - are the combination of skills, attitudes and behaviours required to get, keep and progress on a job.

Employers need a person who can demonstrate *positive attitudes and behaviours, responsibility and adaptability*.

Employers need honest, ethical workers with healthy self-esteem, who demonstrate initiative, energy and persistence and are accountable for actions taken. An effective employee also has the ability to set goals and priorities in work and personal life and to plan and manage time, money and other resources to achieve goals. Employable people will demonstrate a positive attitude toward change and will not be afraid to identify and suggest new ideas to get the job done.

Now is the time to evaluate your employability skills so that you can effectively communicate them to potential employers and take action to improve those areas where you fall short.

A detailed hand-out of the three skill areas is available in the Student Employment, Co-operative Education & Alumni Service department, Room 2B13.

(Career Corner is prepared by Student Services)

**Bad Boy
Off Campus**



Crush looks on as World Wrestling Federation (WWF) president, Jack Tunney (centre right), admonishes him after Crush attempted to throw a referee out of the ring at the Kitchener Memorial Auditorium.
(Photo By Blair Matthews)

Satellite brings WWF to Doon

By Blair Matthews

World Wrestling Federation (WWF) fans gathered at the Condor Roost on the Doon campus Nov. 23, for its first satellite broadcast of the WWF's annual Survivor Series.

For those unfamiliar with the professional wrestling event, the Survivor Series involves teams of five wrestlers fighting each other until all team members on the opposing side have been eliminated.

In addition to the team matches, fans saw a world title match, aasket match and even an appearance by former Texas Ranger and martial arts expert Chuck Norris. Norris served as a special guest referee in the final match of the night.

Roost supervisor Susan Ludwig

said approximately 60 people — a mixture of students and others from outside the college, attended the Thanksgiving Eve event.

Though patrons weren't charged for the event, Ludwig said the Roost was required to purchase the broadcasting signal from its satellite company.

According to Ludwig, the Roost did not charge their customers because the management just wanted to give patrons something they wanted to see. "Right now, sports are limited (by strikes). People seem interested in wrestling."

Ludwig would not release how much money the event cost the Roost to air the 2 1/2 hour broadcast. But a manager at Pizza Delight in Cambridge, which also aired the

event, said they ended up losing a lot of money.

"You have to pay per (available) seat — it's \$6 per seat, plus a decoder fee of \$125," she said.

Establishments that air satellite broadcasts are not required to charge people watching, but can if they want to, the manager said.

With only 50 people attending the event at Pizza Delight, the manager also said it is not worth the time or money spent on preparing for the licensed event and she won't be holding another one at her restaurant.

Despite the high cost of attaining the event, Ludwig said the Roost will probably air wrestling events in the future. "If there is wrestling, we'd like to have it again."

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DSA board of directors approves constitution

By James K. Leduc

The Doon Student Association's (DSA) vice-president of operations, Deanna Ciuciura, submitted the association's constitution to the board of directors (BOD) for approval at the board's monthly meeting Nov. 22, 1994.

The constitution governs the affairs of the DSA, which are administered and directed by the BOD. The BOD must have a minimum of 20 members and have the DSA executive committee present at the monthly meetings to be a legal entity.

Thirty-five members unanimously accepted the changes Ciuciura made to this year's constitution.

Titles for DSA executive members were changed from vice-president of communications to vice-president of operations, and vice-president of administration to vice-president of student affairs. Ciuciura said these changes were necessary because the new titles were more reflective of the duties of these executive positions.

Another item added to this year's constitution, is voting privileges for the financial co-ordinator and activities co-ordinator of the DSA executive.

Shelley Kritz, director of public relations, said this was included because, "these positions are full-time college positions and when these people vote they keep the DSA on track and level-headed

about decisions."

Ciuciura said she checked the 20-page document for mistakes prior to the meeting and asked the BOD if they had concerns about any of the 50 sections of the constitution. Members of the BOD asked for clarifications in certain areas and then thanked Ciuciura for spending time to check the document.

The BOD meeting opened with a speech by Laura Vaillancourt, a second-year management studies student, lobbying the DSA for a mature students' quiet lounge.

Vaillancourt, president of the college's Mature Students' Club, said although mature students make up 62 per cent of Conestoga's student body, the college does nothing to meet their

needs.

"We have no voice," Vaillancourt said. "We want to be heard. We want the school to hear us and we want things to happen to meet our needs."

Vaillancourt proposes to establish a mature students' quiet lounge because she said the mature students at Doon campus are tired of the noise in the student lounge. She said they do not want the college radio station (CRKZ), piped into the lounge or have pinball, pool tables or video games. Mature students, she said, say they want it quiet.

She said the design of the lounge should discourage rowdy types from wanting to use it.

The lounge is needed because

there are not any quiet areas in the college, she added.

"You all know that the Blue Room (by the main cafeteria) is the quieter area of the college but that's a joke," Vaillancourt said.

"The library, as far as I am concerned, is not quiet and not conducive to a relaxing atmosphere. The college has to meet the needs of the growing (older) student population."

Vaillancourt asked for space in the B-wing once the new business area at Doon campus is completed. She said she also wanted to make sure the lounge's rules would not discriminate against other students who want to use it for quiet study. She said the lounge should have comfortable seating and plants.

Broadcasting students tape Toronto Santa Claus parade

By Blair Matthews

Twenty-eight second-year broadcasting students from Conestoga received some real-life training when they travelled to Toronto to videotape the Santa Claus parade Nov. 19.

Jason Ruby, producer for the team's production, said the crew from Conestoga arrived in Toronto at 8 a.m., even though the parade wasn't scheduled to get to their location until 1:40 p.m.

Once in Toronto, Ruby said they set up their equipment across from Queens' Park, right in front of the finance building.

According to Ruby, the exercise was as close as possible to what personnel in the industry go through when taping a parade. "We had four cameras set up, we had a director, script assistant, and broadcasters."

The teacher takes care of the permits and insurance that we have to have to get the mobile (unit) down to Toronto.

Ruby said as producer, it was his job to make sure all the scripts and set design were done and ready for production.

"When we got down there, we had to set up cameras and platforms, connect all the cables, work on the

video and make sure the picture looked good."

The team also had a pre-taped introduction that was inserted into the final tape and a character generator which put the titles on the screen.

Even though there were a lot of elements to co-ordinate for a parade production, Ruby said things went as planned.

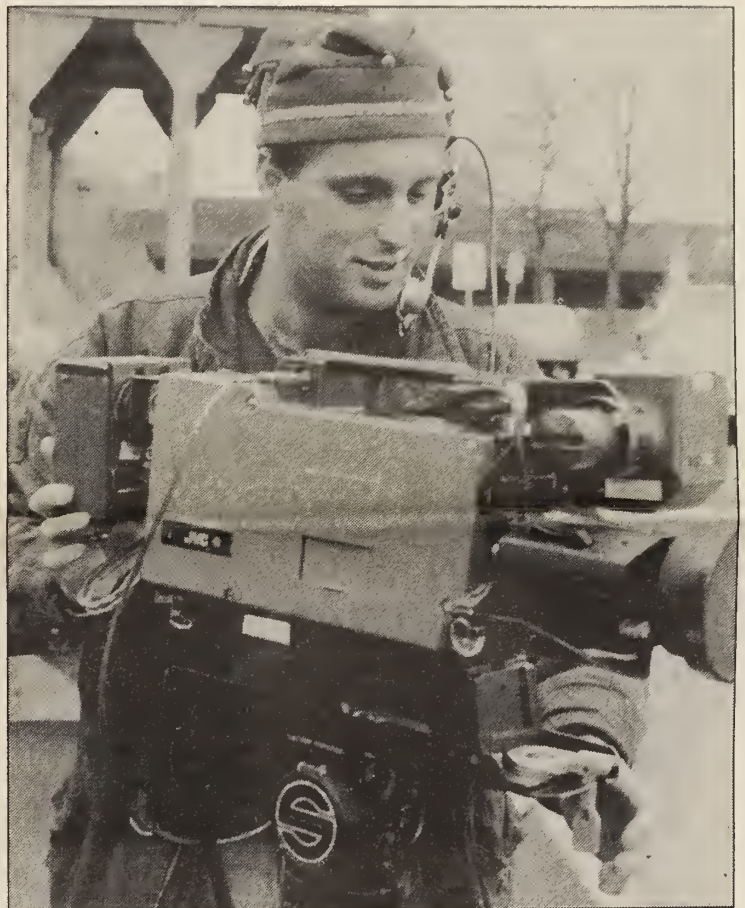
"There's a lot of people down there — we had a rent-a-cop to basically keep people out of the way. We surveyed the site a couple weeks before we went down there (to tape the parade) to plan everything."

According to Mike Farwell, a second-year broadcasting student, the team going to Toronto held rehearsals outside the Doon campus in preparation for the real thing and admitted that it was a lot of work.

"When you really get down to the team aspect of it, everybody just pitches in and does a job. There's a lot of things to set up, but if one person focuses on one thing they just get it done. Before you know it, you are all set up and ready to roll."

Farwell said the exercise has been done for years in the broadcasting program.

The tape they made will be filed for future viewing by other students in the program.



Steve Geerts, second-year broadcasting student, checks camera gear to film the Santa Claus parade in Toronto. (Photo by Blair Matthews)

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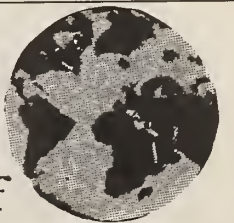
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Tuesday, December 6 Canada's National Day of Remembrance and Action on Violence Against Women

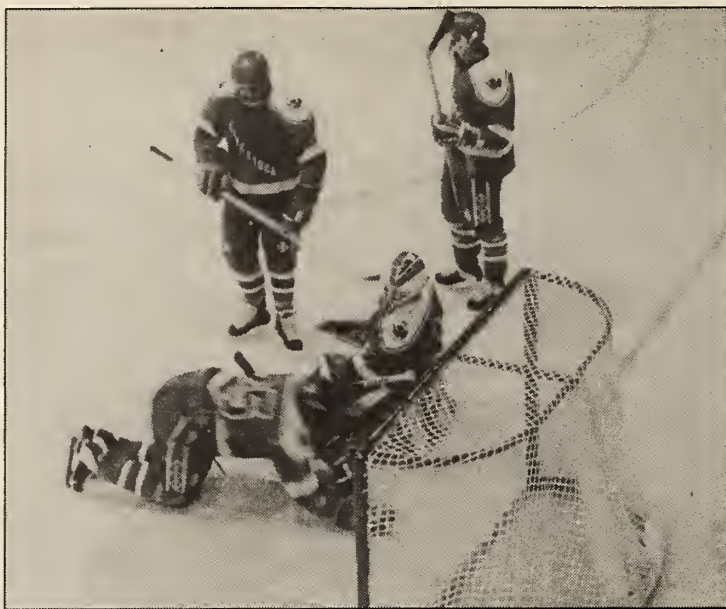


On this day in 1989, 14 women were killed by one man in Montreal. Violence is a global issue. Women and girls around the world face emotional and physical abuse, rape, sexual assault, genital mutilation, dowry deaths, sexual slavery, female infanticide....

Violence is a chosen response. Men must take responsibility for their actions. Every community and every institution must work to build a culture of safety, equality and justice for women and children.

Support this action and purchase a "Rose Button". Commemorative buttons are available at the DSA Activities Office. Proceeds to local women's shelters.

SPORTS



Dave Long dives into the net to assist goalie Scott Ballantyne at the Condors' home opener Nov. 23. (Photo by Nicole Downie)



Male Athlete
of the Week
for
Nov. 21-Nov. 27

Joel Washkurak

Washkurak, a hockey Condor, was named the athlete of the week both for Conestoga and for the Ontario Colleges Athletic Association after he assisted on six of eight goals scored in the Condors' 8-2 victory over Niagara College Nov. 23.

(advertisement)

No place like home

Condors win home opener

By Nicole Downie

The Conestoga Condors won their home opener 8-2 against the Sir Sandford Fleming Auks (Lindsay campus) Nov. 23.

After a slow and scoreless first period, the Condors began to make their moves.

Dave Long scored the Condors' first goal three minutes into the second period, assisted by team captain Darrin Kinnear and Joel Washkurak.

The trio repeated its performance three minutes later, with Washkurak and Long backing up Kinnear's goal.

The Auks started to fight back with an unassisted goal scored by Steve Close half-way through the period.

Long then surged, scoring Conestoga's third goal with four-and-one-half minutes left, but his marker was followed by opponent Jason Evans' goal some thirty seconds later.

Condors' Scott Herniman and Rob Asselstine then brought the score to 5-2 at the end of the second period.

Conestoga widened its lead in the third period by scoring three more goals and by playing tight defence to keep the Auks away from the Condor net.

Jamie Hooks scored one goal and Kinnear scored two more for Con-

estoga to end the game with a final score of 8-2.

"We got off to a slow start," said Kinnear. "But once we got our legs going and our heads into it, we were rolling."

Coach Ron Woodworth said his team was flat in the first period and was still trying to get over the shock of the 14-6 loss to Sudbury on Nov. 19.

"We got off to a slow start, but once we got our legs going and our heads into it, we were rolling."

— Darrin Kinnear

"The guys were afraid to play a physical game in the first period tonight."

"After the pee-wee style of refereeing we had up-

north, the players were still a little tentative. But then Kinnear, Long and Washkurak started up and decided the game was going to be over. And it was."

Woodworth attributes the Sudbury loss to the fact that the Condors lost the services of their all-star goalie, Scott Ballantyne, early in the first period to a shoulder injury.

Ballantyne had come out of the net to cover the puck and was speared in the shoulder by a Sudbury player's stick.

He was, however, out on the ice and ready to defend against the Auks Nov. 23.

"He wasn't seriously injured and it won't affect him in the long run," said Woodworth, who wants Ballantyne in top form for future games against rivals Seneca and Algonquin colleges.



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Godflesh — dark industrial grind from Britain continues to evolve

By David Carlton

Napalm Death, Carcass, Bolt Thrower, Morbid Angel and Entombed.

Most people have probably never heard of any of them, but they are the forerunners of the musical genre known as grind-core.

Grind is a sub-category of what has come to be called death-metal.

Many labels have emerged and endured with this style of playing; labels that sign only the most brutal of bands. Labels like Earache, Century Media, Roadrunner and Wild Rags, among others.

Defined as a death-metal with a thoughtful edge, the musicians who play this form of music have been described in the past as dirty hippies playing very loud music.

While the above bands have remained in the forefront, one band has subtly spread its tentacles into other fields of music, touching here and there in the alternative and industrial communities.

This band is Godflesh, and like a creature from an H.P. Lovecraft story, it is growing and feeding on what it can.

Godflesh is evolving at their own pace.

After five albums and two brutal EPs, the two-man Liverpool-based band (with G. Christian Green on bass, former Napalm Death guitarist Jason Broadrick

Entertainment profile Godflesh

on guitars and vocals and a machine for the rhythm and samples) continues creeping towards an ultimate endpoint in musical evolution.

The band has set a few standards in its time, as well as broken a few molds and shattered a few eardrums.

With its self-titled release and the grindcore-community-popular album, *Streetcleaner*,

the band had redefined how low guitars may be tuned and how high the distortion may be turned,

while with the follow-ups, *Slavestate* and *Pure*, Godflesh has added a more technical side into its music with musical sampling and a different sound.

Slavestate was more of a disappointment to its fans, due to the fact that the album was merely four songs with a few remixes.

Pure, which followed shortly after, made up for it by returning the band to its guttural roots while

keeping the techno-edge in the sound.

This sound was seen well in the two-song, two remix EP, *Cold World*.

The second song, *Nihil* (which has two remixes of itself following it), adds a more emotionally gut-wrenching feel to the EP which counteracts the somber mood of the title-track that precedes it.

Following *Cold World* was *Merciless*, an aptly named four-track EP which had a haunting remix of

the song *Don't Bring Me Flowers*, from the *Pure* album. The guitars had taken a slower and more hateful sound on this recording, while Green's bass is turned up and tuned down to an insanity-inducing noise which lend to the recording what sounds like a plea for vengeance.

Vengeance arrived this year, shortly after the release of *Merciless* with Godflesh's latest full-

length venture, *Selfless*.

This album has reached a sound that Broadrick and Green seem quite comfortable with — a shadowy cross between grind, industrial, alternative and the standardized rock 'n' roll that seems to have emerged in the Canadian music scene.

One song, *Anything is Mine*, is a perfect example of this, with guitar riffs and a thunderous bassline that seems almost a mockery of contemporary music.

Body Dome Light, a later song, is an antithesis to *Anything is Mine*, with its soft and eerie monotone vocals and chopping rhythm.

H.P. Lovecraft wrote about creatures that came from outer space. Abominations of slime that once ruled the planet as gods and created the human race for their own amusement.

His renowned novel, *At the Mountains of Madness*, gripped its readers with his hideous idea of what would have happened if mankind met its true masters.

The way Lovecraft wrote his prose could have easily applied to Godflesh. Running a spectrum of heaviness with the guttural title track to the *Merciless* EP to the gentle tones of *I Wasn't Born to Follow*, they show their knowledge of musical flesh-rendering.

Their god is the god of nightmares, and their flesh from the dark underbelly of civilization.

ENTERTAINMENT

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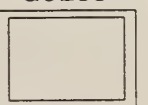
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GUESS



You're dead, Jim Star Trek moves on

Movie Review
Star Trek — Generations
Cambridge Twin Cinemas

By David Carlton

When it was announced that Captain Kirk was coming back for a seventh movie, even Star Trek fans who were avid acolytes of the older series rolled their eyes and said, "Not again!"

Now they have nothing to worry about unless Paramount Pictures has plans to resurrect him, or have his disembodied spirit possess that of Captain Picard.

Star Trek VIII — The Exorcism of Kirk.

The latest Trek film, Generations, gave trekkers a few surprises. It's not everyday that you watch a science fiction icon die, see a long-respected starship get blown to smithereens, or hear a familiar android from the Next Generation of Star Trek try to make jokes and eventually say "Oh, s---t!" as the saucer section of what has come to be known as the "Enterprise-D" goes hurtling into a planet.

The movie attempted to bridge the gap between the old and new generations of Star Trek in a manner that would leave no room for lingering in the past, while honoring several traditions that have been in Star Trek movies since the beginning.

Since Star Trek II — The Wrath of Khan, there has been a star of no little repute in most of the films. In II, Khan was played by Ricardo Montalban (who played the same character in the original television series), in the third movie Christopher Lloyd played the Klingon commander Kruge.

In the fifth film, Spock's half-brother Sybok was played by Laurence Luckbill, and in the last one, Christopher Plummer played Klingon Gen. Chang.

This time around, Malcom MacDowell plays the evil Dr. Soran, who attempts to get back into a nomadic energy ribbon which transports whoever it comes in contact with into a place called the Nexus.

The beginning of the movie centers on the disappearance of

Captain Kirk when the room he is in on the Enterprise-B was damaged, sucking him out in space. He is presumed dead at that point, but lo and behold! He is pulled into the Nexus.

The Nexus is a place where time has no meaning, and as Whoopie Goldberg's character puts it, it is "like being inside joy."

It is this joy that Soran is obsessed with getting back inside, and he is not about to let the deaths of several billion people slow him down. It's up to Picard and Kirk to put an end to his fiendish plot.

The movie, like all other Star Trek movies, has the usual wit and humor. Whether it's the jokes about Kirk's age at the beginning of the movie or the uncanny promotion of Worf (played by Michael Dorn), the movies humor is less than subtle, but effective never the less.

Only the most die-hard trekkers were aware of the fact that the script for the movie was floating about on the Internet for anybody to download and read.

Those who have read this pirate script would notice a few discrepancies between it and the movie.

Little things like a scene involving Captain Kirk doing some Orbital skydiving, as well as the ending, were omitted or changed, which makes a few Vulcan-wanna-be's raise an eyebrow.

Patrick Stewart and William Shatner (who play Picard and Kirk, respectively) are both stage-trained actors who performed at the Stratford Festival many years ago.

This was the first time Kirk met Picard, and the first time Shatner has met Stewart. All of them bonded closely on the set.

This film marks the end of a few cinematic eras and the birth of a new one. With a new Enterprise in the works and the same Next Generation crew, there should be no fear of Kirk coming back, unless he and Elvis Presley are one and the same.

Christmas classic remake miraculous improvement

Movie review
Miracle on 34th Street
Fairway Cinema

By Blake Patterson

Do you believe? New York does. And they have good reason to. Miracles tend to make believers of us all — especially if the miracles happen on 34th Street.

The recent Twentieth Century Fox release of John Hughes' remake of the 1947 Christmas classic, Miracle on 34th Street, proudly carries the torch of its illustrious predecessor. In fact, the new torch burns brighter.

Here, the movie and the message become bigger than life.

New York's embrace of the Christmas feeling fills the screen, the soundtrack wrenches every shred of sentimentality from adult hearts and little Susan Walker, the disbelieving child, is more captivating than ever before.

One would have to be dull of soul indeed to not feel the magic of this movie.

A notable improvement on the original is the absence of the psychoanalytical strain which originally presented Kris Kringle as a delusional mental patient.

Gone, also, is Macy's junior janitor-cum-wanna-be-Santa which the original presented as a misguided youth who finds life's meaning in a Santa suit.

In the new version, the jolly old elf is played brilliantly by Richard Attenborough, who as a senior citizen, rather than a mental patient, is a more likely candidate to be Santa.

Another notable improvement is in the scene in which Santa displays

his affinity for language.

Rather than having Santa speak Dutch to an orphan immigrant child, he speaks in sign language to a deaf child.

Thus by having Santa speak English while signing, the audience shares the warmth of the moment.

But aside from changes to the script which make the story more in line with the expectations of a '90s audience, it is the casting of Mara Wilson as the little girl which stands this movie above its predecessor.

Whereas the original portrayed (child actor) Natalie Wood as a bitter little girl who didn't believe in anything, Wilson achieves the same sense of strength, yet retains a cute childhood ease which sparkles with innocence.

Every moment Wilson is on the screen the audience is captivated. Funny and sentimental, the movie is luxurious with emotion.

The audience laughs, remembers and cries with the characters on the screen.

For two hours the audience escapes from their dreary lives and believes in the warmth and caring of humanity.

For one brief moment, the miracle on the screen lets us see who we wish we could be — unselfish, non-hating human beings who care for each other and believe things unseen.

For once, and we hope for always, we are children again and we believe in miracles. We believe in Santa Claus.

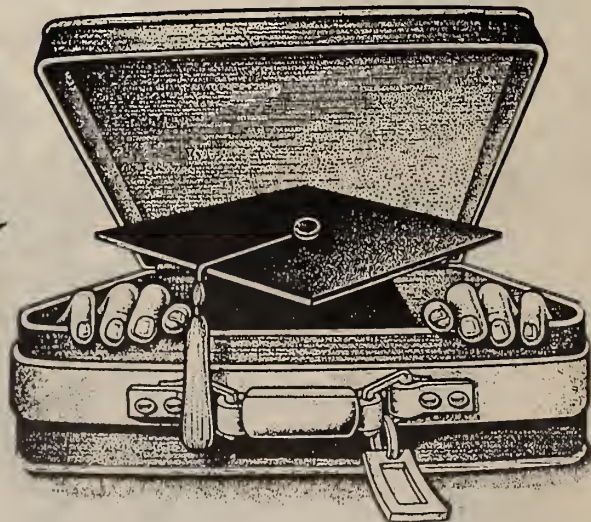
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Rock and Bowl rolls again

By David Carlton

Kitchener's Frederick Lanes came alive once again with Conestoga students Nov. 24. They were bowling, drinking, eating french fries and winning gift certificates and compact discs.

They were doing this much the same way that they were doing it in October. The DSA's Rock and Bowl rolled back into existence and CRKZ was there again.

Jamie K. Vasey, "Mad Dog" Todd Whitton and Louise Allison spun some tunes for the students, while handing out some compact discs by bands few people had heard of.

Contests, including the "First five

people to give me the name of a Hanna-Barbara cartoon," the "First person to give me Marge Simpson's maiden name," and the "First person to come up here and show me pocket lint," were held.

Cliff the Condor was there too.

He first appeared at the first Rock and Bowl, but this time, he was a little bit out of uniform — the mascot just had his head and his hands. The rest of him looked remarkably like DSA pub manager Jason McCorriston.

A near-perfect mimic of the October Rock and Bowl, Rock and Bowl II came and went with as much flair as its predecessor, and lasted about as long.